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ABSTRACT

This book about anorexia and bulimia is written for patients and the people who care about them. It describes the symptoms and warning signs of eating disorders, explains their presumed causes and complexities, and suggests effective treatments. The book emphasizes the critical role of psychotherapy and family therapy in recovery, explains how anorexia and bulimia differ in their origins and manifestations, and offers information for health care professionals who do not specialize in the diagnosis and treatment of eating disorders. Eight chapters focus on: (1) "Introduction"; (2) "What is an Eating Disorder?"; (3) "Who is Likely to Develop an Eating Disorder?"; (4) "Why Does Someone Develop an Eating Disorder?"; (5) "How is an Eating Disorder Treated?"; (6) "What Can Family, Friends, and Others Do to Help?"; (7) "Are Eating Disorders Different in Males?"; and (8) "How Does a Nonspecialist Assess, Treat, and Refer Someone with an Eating Disorder?" Chapters use a question-and-answer type format. Two appendixes present a listing of professional resources, organizations, and Web sites with information on eating disorders and a listing of supplemental readings. (Chapters contain references.) (SM)

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